Docket No.: 1293.1927

ABSTRACT OF DISCLOSURE

A method of optimizing recording conditions of an optical recording medium and an apparatus using the method. The method includes recording a test write pattern in a plurality of tracks of the optical recording medium; and checking a quality of a radio frequency signal reproduced from one of the plurality of tracks in which the predetermined write pattern is recorded and which is effected by writing in adjacent tracks to determine the optimized recording conditions.